Use SparkPeople or SparkTeen account and SparkRecipes to plan a full day’s meal plan on Sparkpeople to meet their full day’s nutrient requirements.

The plan should include:

breakfast

lunch

dinner

snacks

\*\*\*\*\*The recipe they prepared for Tues/Wed lab must be part of lunch or dinner. To get the calorie/nutrient information they must add the recipe from SpartkRecipes to their recipe box on Sparkpeople. They will then beable to add it to their meal.

2. When finished with the plan they need to click on menu page.

3. Print button on that page at top right!!!

4. Put name and student number at top.

5. Turn in. (toward the bottom of the page)